

SUMMER WRAP-UP

Although the Summer Season was short (9 weeks) ATAC swimmers made the most of it. The results/accomplishments don't have to be explained. They clearly speak for themselves as you can see below:

NEW US SWIMMING

RANKING.....*US Swimming ranked the top 50 cities in competitive swimming. This score was determined by a variety of criteria including the success level of the teams from a per*

capita perspective. TALLAHASSEE WAS RANKED 12TH IN THE COUNTRY. The only other Florida City ranked in the top 50 was Jacksonville coming in at 49th. LAST YEAR we were ranked 28th!! This is quite amazing, but also points to the caliber of swimming in Tallahassee.



More GOOD stuff !!

An average of 125+ swimmers at each Summer League Meet; Took home 40 individual High Point trophies at the various summer meets: ATAC WON the Panama City Invitational, WON the ATAC Invitational, WON the Area I-IV Championships and WON the Florida Swimming Senior Championships, as well as coming in 2nd





at the Sunshine State Games. We were hoping for a top 15 finish at the Florida Age Group Championships, and came in 11th(10 points out of 10th) out of 62 scoring teams. We also placed 4 swimmers on the Southern "Zone" Championship Team (Emily Chorpening, Wyatt Foote, Alec Bowie and Charlie Gallagher). ATAC sent 6 swimmers to the inaugural USA Swimming "Futures" Championships in Indiana and came away 21st out of 85 scoring teams (more teams attended, however). These



swimmers were Stephanie Holmes, Lauren Peavy, Brandon Chason, John Yambor-Maul, Christopher Holmes and Rafi Chambasian. ATAC also had 3 of our college athletes represent ATAC at the U.S. Senior Nationals. they were Alyssa Yambor-Maul, CeCe Williams and Delaney Barnard.



CONGRATULATIONS TO ALL OUR SWIMMERS ON A GREAT SUMMER!!!!

GO ATAC!!!

COACHES CORNER:

PRE-SENIORS AND SENIORS: (Coach Maul)

I would like to reiterate what I have published each Fall, since it is always important information going into one of the more hectic times of the year for Pre-Sr. and Senior swimmers.

The Fall is a time that we like to “**prepare**” for the new swimming year. This, coupled with the High School swimming season and school in general makes for a very busy period for these swimmers. Consequently, I want to emphasize the need for **Good Habits** in keeping on top of your game, both in the water and out.. Every swimmer needs to plan for the following;

1. Bring a water bottle to every practice (ATAC or H.S.) and USE IT! Re-hydrating is extremely important (don't **share**, however)
2. Be sure you are taking in plenty of good calories during this period, both for the brain (school) and the muscles (swimming)...Go to the ATAC website and click on the **PARENTS** link and go to Parents Handbook and scroll down to **Nutrition**. This will give you a good summary of what to eat and when.
3. Dress appropriately for the weather. Be prepared for Tallahassee's weather. It can be colder at noon than at dawn on some days. Please, no flip-flops when it's rainy and cold!
4. **ACADEMICS**.....Swimmers have historically had some of the best grades, not only across sports, but in comparison with the general public statistics. Yes, this is because swimmers are SMART, but it is also because “Smart swimmers” must learn how to manage their time effectively. Academics, sports, clubs, social activities, etc. can't all be done unless there is a **plan**. Swimmers learn this very quickly, but I would like to encourage that this plan not be based on *trial and error*, but by sitting down and planning **WHEN** homework needs to be done, **WHEN** to “hang out”, **WHEN** it is time to eat and **WHEN** it is time to go to bed and rest. A good schedule (cycle) is just as important out of the water as it is in the water. I want you all to be tops in your class to match being tops in the water.

AGE GROUP (Coach Gerry, Colin)

With the types of improvements we saw this summer we are really excited about what can happen this Fall and beyond. Since we are fortunate to have such a large Age Group program we will be asking that swimmers and parents please arrive on time for practice (5:**40**PM, M-F and 7:30AM on Sat.) . Dry-Land is extremely important for the swimmers and we have 15 minutes to get it done. In transitioning from Pre-A/G to A/G and then on to Pre-Srs. it is important that each swimmer is developing the proper conditioning to be able to move to the next level. 5:40 is not the time the swimmers arrive and *kind of sort of* get into some of the dry-land. I realize it may be

difficult for some to get there before 5:40 to be ready at 5:40, but we'd like to know who might be having this problem so we can be prepared for it.

PRE-AGE GROUP, NOVICE AND FALL LEAGUE – ALL POOLS: (Coach Gerry, Colin, Chloe, Stephanie, Mike)

We are excited with our returning “veterans” and the **very talented** young Summer Leaguers that are going to take the Fall plunge! Remember, the water is always 82'!The coaches are the ones that get cold!

We also realize that getting to the early practices can be difficult, but we have to ask that you try to do the best you can to get your swimmers there “on time” ready to swim due to the clock ticking in the 1 hour (Bronze/Silver) and 1 ¼ hours (Pre-A/G and Gold) we have to get what we need done.

Equipment:.... In addition to the obvious (goggles and suit), we are asking **all Novice and Fall Leaguers to purchase a pair of “FINS”**. This tool is great for working on strengthening the kicks and excellent for working on drills. They provide great balance for the swimmers to experience the proper body and stroke positioning. If Sports Authority doesn't have any you can go to www.totalteamwares.com to order some. The two tone regular shoe type fins are recommended. Coach Chloe will also be sending out a link with the proper type of Fins to purchase.

Nutrition and “Good Habits”.....Please refer to Coach Maul's instructions to the Pre-Senior and Senior swimmers above. This all applies to every ATAC group. Additionally, since “dry-land” work is extremely important for all our groups we would like for you to plan for it by having *back-up* clothing, parkas, warm-ups, etc. that can be put on or taken off quickly for when the weather doesn't quite cooperate.

ATAC STROKE CLINIC:
(SATURDAY 8/29/15 from 8:00 AM to 10:00 AM)

Since we have such a large team this FALL we want to bring our swimmers together and hold a swimming clinic for our younger **Up and Coming Swimmers**. In addition to our coaching staff we will also be having our SENIOR swimmers working in the clinic for some one on one instruction. As many of you know, a good many of our Senior swimmers were also Summer League coaches so there will be a lot feedback and fun. It is also a great training technique for our senior swimmers. The more they verbalize and demonstrate stroke technique the more proficient they become in



their own strokes. So this is a TOTAL TEAM CLINIC, which we hope you will all take advantage of. The "little ones" love to look up to the seniors as role models for where they would like to go with their swimming in the future so they tend to "Listen better" when it comes from one of our Seniors.

SWIM MEET UPDATES:

★ **PANAMA CITY INVITATIONAL (9/25-27/15)...Panama City Beach...** This meet is always a good (and fast) meet for our swimmers.. It is also a meet we like to WIN, since we get to swim against swimmers from the S.E. Swimming Association (not from our Fl. Assoc.). It's always nice to show off our swimmers to other teams! We need a good contingent of swimmers to do this, however, since our good friend Coach Brian from the host P.C. team would love to give us a run at the trophy!! This is also a great meet for our "Graduated Summer Leaguers" (both year-round and seasonal swimmers). Your swimmers will only swim a half a day for their session each day so..... make some BEACH TIME!! We would really like to see our Novice swimmers try to get to this meet. There are all kinds of ways to keep the cost down (ie: swim one day, double up with your friends etc.). Your swimmer will really have a great experience if you've never been to an out-of-town Meet (hotel rooms, hanging with friends, team get togethers (TBA) etc.) It's always fun and the more swimmers we have there the more SPIRIT, CAMARADERIE and RELAYS your swimmer can experience! Talk to your coaches about what would be the best events to enter for your child. Make it a FAMILY AFFAIR!

★ **ATAC FALL LEAGUE MEET #1(10/10/15)... TBA... This meet will be formatted more like our Summer League Meets.** It is a good opportunity to hone your MEET SWIMMING skills, which have to be repetitious just like practices to maximize your successes at meets. See your coaches on how and what to swim in this meet to strengthen your overall season.

★ The FALL MEET SCHEDULE in it's entirety is posted on the ATAC website.

NEW YEAR's RESOLUTION

Come to practice / Go to Meets / Get more "A's"



We'll miss you, Illy. Good luck!